

! **TELL PEOPLE**
you are grateful
TO THEM

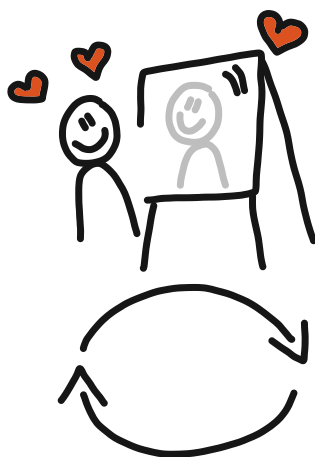


• **DÍARY**

Write down
3 things you are
GRATEFUL of
(. that money can't buy 💵)



• **BE**
grateful
TO YOURSELF

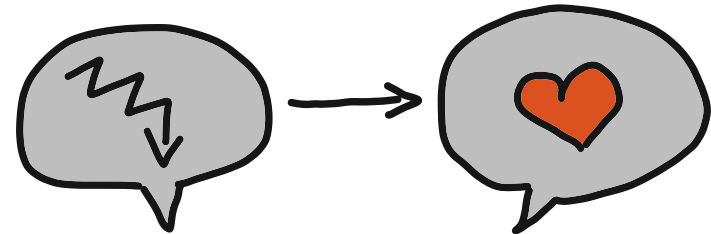


Look in the **MIRROR**
and be **GRATEFUL** for
your **APPEARANCE,**
CHARACTER,
QUALITIES
or
ACTIONS!

Practices of
GRATITUDE

• **Gratitude
BOARD**

You can do
it with your
FAMILY!
Randomly add there
things you are **GRATEFUL** of



• Turn your **JUDGMENTS** into **GRATITUDE**